

### **Your child is graduating from Child Profile!**

We hope you have found these mailings helpful. We have enjoyed providing you with information to help your child grow up healthy and safe. Your child will continue to need regular health and dental checkups. To the right is a list of resources you may find useful. Cut it out and post it near the phone or on your refrigerator.

### **Immunizations for life**

Vaccines continue to be an important part of staying healthy throughout your child's life. To stay protected, he will need the following vaccines as he approaches the teen years, or sometimes earlier:

- Tetanus, diphtheria, and pertussis (Tdap)
- Meningococcal (MCV)
- Human papillomavirus (HPV)
- Flu (yearly)
- Other vaccines if he has a high-risk medical condition.

Keep your child's Lifetime Immunization Record card updated and in a safe place. He'll need this record for school, camp, college, and travel. Ask his doctor if his immunizations are in Washington's statewide immunization registry. Talk to your doctor, nurse, or clinic if you have questions about your child's immunizations.

### **Healthy eating helps children learn**

Children need a nutritious breakfast and lunch to have energy and learn well in school. Even if you are in a hurry, make sure your child eats something healthy in the morning, such as yogurt, fruit and granola, a tortilla filled with scrambled eggs, or refried beans and cheese.

Help your child decide what he wants to eat for lunch. If he takes his lunch from home, let him help make it. You can call your child's school to find out if he qualifies for a free or reduced-price breakfast and/or lunch program. Limit juice, soda (including diet soda), and sports drinks between meals. They can lead to cavities and contribute to obesity.

### **Focus on your child's strengths**

When your child brings home tests and school work, talk with her about what she did well. Praise specific things and then talk about what areas need more work to improve. Don't only talk about the things that were done wrong.

### **General Health & Immunization Information**

**Family Health Hotline:** Health, nutrition, and other local resources, 1-800-322-2588, [www.parenthelp123.org](http://www.parenthelp123.org)

**Washington State Department of Health's Infant, Children, and Teen webpage:** Health and safety information for the whole family, [www.doh.wa.gov/children](http://www.doh.wa.gov/children)

**Washington State Department of Health's Office of Immunization and Child Profile:** 1-866-397-0337, [www.doh.wa.gov/immunization](http://www.doh.wa.gov/immunization)

**SmokeFreeWashington.com:** Resources for help quitting smoking, [www.smokefreewashington.com](http://www.smokefreewashington.com)

**U.S. Centers for Disease Control and Prevention:** General disease information, 1-800-232-4636, 1-800-232-6348 (tty), [www.cdc.gov](http://www.cdc.gov)

**American Academy of Pediatrics:** Health, illness, and safety information for parents, [www.healthychildren.org](http://www.healthychildren.org)

### **Parenting Support**

**Family Help Line:** Support for parents and families, 1-800-932-HOPE (4673), [www.parenttrust.org](http://www.parenttrust.org)

**Child Care Aware Washington:** Before-and after-school child care, 1-800-446-1114, [www.childcarenet.org](http://www.childcarenet.org)

**Washington State Libraries:** Libraries in your community (Internet access is available at most libraries), 1-360-704-5200, [www.libraries.wa.gov](http://www.libraries.wa.gov)

**Common Sense Media:** Information and reviews of movies, games, and books, [www.commonsensemedia.org](http://www.commonsensemedia.org)

**Child and Family Web Guide:** [www.cfw.tufts.edu](http://www.cfw.tufts.edu)

### **Safety Information**

**Washington Poison Center:** 1-800-222-1222 (tty, ttd), [www.wapc.org](http://www.wapc.org). **Call 911 if your child is having difficulty breathing or will not wake up!**

**Safety Restraint Coalition:** Car and booster seats, 1-800-BUCK-L-UP, [www.800buckleup.org](http://www.800buckleup.org)

**LOK-IT-UP Safe Firearm Storage Campaign:** [www.lokitup.org](http://www.lokitup.org)

**NW Burn Foundation:** 1-888-662-8767, [www.nwburn.org](http://www.nwburn.org)

**Product safety and recalls:** Consumer Product Safety Commission, 1-800-638-2772, 1-800-638-8270 (tty), [www.recalls.gov](http://www.recalls.gov)

**Washington State Department of Health's Division of Environmental Public Health:** Information on a variety of environmental public health topics, 1-800-525-0127, [www.doh.wa.gov/children](http://www.doh.wa.gov/children)

This letter is available in other formats. Call the Family Health Hotline at the number above.

# Keeping Your Child Healthy and Safe

## Encourage your child to be physically active

Daily physical activity is important for the whole family. Help your child make exercise a habit for life. Try new activities together. Biking, skating, walking, hiking, and swimming can become life-long activities.

If your child wants to be active in a team sport, let her try several sports to find the ones that she likes. Look for programs that are based more on fun and learning skills than winning. Remind yourself that having fun while being active is most important.

## Know what your child is watching and playing

Your child will learn many things from TV shows, movies, and computer and video games. Some of these "lessons" you will agree with and some you won't. Here are some ways to make screen time a positive learning activity:

- Watch and play with your child. Ask questions such as "Who is your favorite character?" "Could a real person do that?"
- Teach your child that violence is not okay. Help him learn to solve problems with words, not by hurting others.
- Explain to your child that commercials and many programs are made to sell things.

Remember that the American Academy of Pediatrics recommends that children spend **no more** than a total of two hours a day watching TV, or playing video or computer games. This includes programs or games that are educational, and time at school spent on the computer.

## Protecting your children from sexual abuse

Protecting your children from sexual abuse is a **safety** issue. Talk about the subject in the same matter-of-fact, calm manner that you discuss other safety issues. This may make it easier to talk about this difficult subject. Talk to both boys and girls about sexual abuse.

Teach your children about safe and unsafe touches and behaviors. Children should be aware that unsafe touches don't necessarily cause pain. They also need to know that strangers aren't the only people who can abuse them. In fact, most children who are abused are abused by someone they know.

Let your children know that there are people they can talk to even if they've been told not to tell. Talk with them about asking for help right away from a trusted adult such as a teacher, neighbor, or family member.

## Continue using a booster seat in the car

Washington law requires that children use a car seat or booster seat until they are 8 years old unless they reach 4 feet, 9 inches tall first. Seat belts that do not fit right can cause serious injuries. Your child is big enough to use the lap and shoulder belt without a booster seat **only** if you can answer "yes" to all of the following questions:



- Does he sit all the way back against the seat?
- Do his knees bend at the edge of the seat?
- Does the shoulder belt cross the middle of the shoulder?
- Does the lap belt fit low, against the thighs?
- Can your child ride this way the entire trip?

Make sure he wears the lap belt low and snug and the shoulder belt across the shoulder and chest, not under his arm or behind his back. **Remember: The back seat is the safest place to ride for anyone under 13 years old.**

## Street and bike safety

Children this age should not cross streets or bicycle on the street without an adult. Your child won't be old enough to always remember to follow traffic rules until she's about ten years old. She also may forget the dangers of traffic while playing. Cross the street with her and set a good example by crossing safely.

Let your child bicycle in playgrounds or parks, or on trails. Her bike should be the right size for her. Her feet should touch the ground when standing over the bike. There should be about two inches between the cross-bar and her body. Make sure she wears her helmet and other safety gear when using her bicycle, scooter, or skates.

## Water safety for children

Swimming is a life-saving skill for everyone. However, even children who know how to swim must be watched closely around water. A child could easily become tired or get into deep water.

When swimming in or playing around lakes, rivers, and the ocean, there are special dangers such as strong currents. Everyone should be extra careful and wear a life jacket.

State law requires children under age 13 to wear life jackets in boats under 19 feet long. Children should always wear a U.S. Coast Guard-approved Type II life jacket that is the appropriate size and fits snugly.